

TAKE IT FROM ME

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate

Choreographer: Laura Dyas & Rachel Gaylard

Music: No Strings Attached by NSync

RIGHT ROCK FORWARD & BACK & FORWARD & TOGETHER, LEFT FOOT FORWARD & BACK & FORWARD & TOGETHER

- 1&2&** Rock forward on right foot, step back on left foot, rock back on right foot, step forward on left
- 3&4** Rock forward on right foot, step back on left foot, step right foot together
- 5&6&** Rock forward on left foot, step back on right foot, rock back on left foot, step forward on right
- 7&8** Rock forward on left foot, step back on right foot, step left foot together

RIGHT TOE TOUCHES, CROSS SHUFFLE, LEFT TOE TOUCHES, CROSS SHUFFLE

- 9&10** Touch right to right side, touch right beside left, touch right to right side
- 11&12** Cross step right over left, step left to left side, cross step right over left
- 13&14** Touch left to left side, touch left beside right, touch left to left side
- 15&16** Cross step left over right, step right to right side, cross step left over right

SIDE RIGHT TOUCH, SIDE LEFT TOUCH, RIGHT KICK BALL TOUCH, LEFT KICK BALL CHANGE

- 17-18** Step right to right side, touch left beside right and click fingers
- 19-20** Step left to left side, touch right beside left and click fingers
- 21&22** Kick right forward, step right beside left, touch left beside right
- 23&24** Kick left forward, step left beside right, step onto right in place

CROSS/BALL, CROSS/BALL, CROSS/BALL, RONDE, CROSS/BALL, CROSS/BALL, CROSS/BALL, ¼ TURN RIGHT

- 25&26&** Cross/step left over right, step on ball of right, cross/step left over right, step on ball of right
- 27&28** Cross left over right, step on ball of right, cross left over right, sweep right toe out to right side making ½ circle from back to front

29&30&31 Cross right over left, step on ball of left, cross right over left, step on ball of left, cross right over left

32 Touch left to left side making a $\frac{1}{4}$ turn right

LEFT SAILOR, RIGHT SAILOR, STEP LOCKS

33&34 Cross left behind right, step right to right side, step left to place

35&36 Cross right behind left, step left to left side, step right to place

37-38 Step forward left, hold

&39&40 Right lock step, right lock step

Clap hands on hold

STEP LOCKS, ROCK STEP, TRIPLE $\frac{1}{2}$ TURN

41-42 Step forward right, hold and clap hands

&43&44 Left lock step, left lock step

45-46 Rock forward on left, recover back on right

47&48 Triple step $\frac{1}{2}$ turn left stepping- left, right, left

FORWARD ROCK, COASTER STEP, LEFT FORWARD $\frac{1}{2}$ TURN HEEL DROPS

49-50 Rock forward on right, rock back onto left

51&52 Step back on right, step left beside right, step forward on right

53 Step left forward in line with right

54-56 Lift heels off floor and replace a total of three times while turning right so the three turns total $\frac{1}{2}$ right

BACK, TOGETHER, FORWARD, FORWARD, LEFT FORWARD $\frac{1}{2}$ TURN HEEL DROPS, TOUCH RIGHT BESIDE RIGHT

57&58 Step back on to ball of right, step ball of left next to right, step right forward

59-60 Step left forward, step right forward,

(Optional styling) put arms out horizontal to the floor on counts 53-56 for balance as well as fun

61 Step left forward in line with right

62&63 Lift heels off floor and replace twice, totaling $\frac{1}{2}$ turn right

64 Touch right beside left

(Optional styling) put arms out horizontal to the floor on counts 61-64 for balance as well as fun

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=41936